

## **Abstract**

**Title:** Effect of two active recovery methods on repeated bout of finger flexors isometric performance.

**Goals:** Compare two methods of active recovery – global and local, during repeated isometric performance and learn the difference between active and passive recovery.

**Method:** Ten recreational athletes in average age  $30,4 \pm 5,9$  years performed in a random cross-over design 3 sessions with 3 repeated isometric intermittent contraction. The effect of active global recovery, active local recovery and passive recovery between repetitions was monitored.

**Results:** More effective type of recovery was active recovery. There was no difference between both active recovery methods. Performed decrease in active global recovery was active least effective method of recovery was passive recovery. Decrease in the time in active global recovery was 21,7s (29,77%) and in active local recovery 20,8s (30,1%). The least effective was passive recovery. There was decrease 24,6s (35,34%).

**Key words:** recovery, active recovery, local recovery, finger flexors, intermittent, isometric contraction.